

the computer comparing space available on the ABS unit and comparing it to the space required to back up file changes on the source drive in the computer; and

the computer making a file-by-file transfer of the file changes on the source drive to the ABS unit, if the computer finds enough space available on the ABS unit for the file changes.

42. The method according to Claim 41 wherein the computer reports status of backup at the end of the file-by-file transfer to the ABS unit.

43. The method according to Claim 41 wherein the computer writes the status of the file-by-file transfer to the ABS unit at the end of backup to the source drives.

44. The method according to Claim 43 wherein the computer reviews the status of the file-by-file transfer at the end of the last backup when it scans all files on the source drives and compares the files on the ABS unit for date and time changes.

45. The method according to Claim 43 wherein the computer terminates the backup after completion of writing the status of the file-by-file transfer to the ABS unit at the completion of the backup.

46. The method according to Claim 41 wherein the computer scans its registry for an automatic backup launch file when the computer recognizes the ABS unit connected to its PCMCIA port.

47. The method according to Claim 41 wherein the computer requests a password after connection of the ABS unit to the computer's PCMCIA port; a password is

entered into the computer, the computer translates the backup procedure password from the registry and compares it to the entered password and the computer transfers passwords to the ABS unit connected to its PCMCIA port wherein the ABS unit compares password in its registry to the entered password; and upon the computer verifying the authenticity of the entered password, the computer to launches the backup procedure, and when the ABS unit authenticates the operator-entered password authorizes entry of the computer into its files.

48. The method according to Claim 41 wherein the computer requests a password; a password is entered into the computer; the computer translates the password from its registry; and the computer transfers the operator-entered password to the ABS unit connected to its PCMCIA port.

49. The method according to Claim 48 wherein the computer after recognizing the ABS unit connected to its PCMCIA port and requests a password from the ABS unit; the ABS unit furnishes the password to the computer; the computer translates the password from the registry; and the computer authenticates the password prior to launching the automatic backup procedure.

50. The method according to Claim 41 wherein the computer requests the operator for a selection of options after the computer recognizes the ABS unit connected to its PCMCIA port and before launching the backup procedure.

51. The method according to Claim 41 wherein the computer scans its registry for option selections prior to launching the backup procedure.

52. The method according to Claim 41 wherein the computer requests removal of the ABS unit from its PCMCIA port.

53. The method according to Claim 52 wherein the computer requests insertion of the ABS unit to its PCMCIA port.

54. The method according to Claim 41 wherein the ABS unit is disconnected from the computer PCMCIA port prior to completion of the file-by-file transfer; and the computer requests connection of the ABS unit to its PCMCIA port.

55. The method according to Claim 41 wherein the computer compares the space available on the ABS unit to the file changes on the source drives and finds there is insufficient space available to backup the file changes and monitors that there insufficient available space on the ABS unit to complete the backup procedure.

56. The method according to Claim 55 wherein the ABS unit is removed from the PCMCIA port, and replaced with a new ABS unit having sufficient available space to backup the computer source drive.

57. The method according to Claim 55 wherein the computer shuts down the backup procedure when it finds there is insufficient available space available on the ABS unit for the file changes.

58. An automatic backup method comprising the steps of: